

## Letters to the Editor

## Easter bunny event a success

The Warrenton Community Center Advisory Board held a Breakfast with the Easter Bunny event at the community center on Saturday, March 24. The breakfast was a great success and we want to thank the community for its awesome support.

A special thanks to all our great volunteers, Starbuck's Coffee in Warrenton, Pig N Pancake, VFW Post 10580 and VFW Auxiliary Detachment 1228, Lektro, McCall Tire Center, Columbia River

Bar Pilots, Columbia Bank, Maddox Dance Studio, Warrenton Deep Sea Market, Warrenton Kia, Ocean Crest Chevrolet Buick GMC Cadillac, Super Mart and Uptown Café.

"The Warrior Way" is alive and well, as 10 members of the Warrenton High School football team helped serve our breakfast.

**Mel Jasmin, chairman**  
Community Center  
Advisory Board

## Supports local police option levy

Public Safety is one of the

most valuable investments a community can make.

I recently had the opportunity to do a ride-along with a Warrenton police officer and I got a firsthand look at the incredible daily work our officers do to keep us safe.

Warrenton is growing and so are the work and responsibilities of our city police officers.

Please join me in voting "yes" for the renewal of Warrenton's police levy, 4-191.

**Bob Bridgens**  
Warrenton

## This Week in Aboriginal History

by Carl A. Ellis



## Jamestown, first permanent colony, is established

**May 11, 1974:** The acting deputy commissioner of Indian Affairs authorizes an election for amendments to the constitution and by-laws of the Lac Courte Oreilles Band of Lake Superior Chippewa Indians of Wisconsin. The amendments are approved.

**May 12, 1879:** In the historic trial of Ponca Chief Standing Bear – arrested for violating a relocation order – the U.S. Circuit Court for the District of Nebraska rules that "an Indian is a 'person' within the meaning of the laws of the United States." Standing Bear is released from custody.

**May 13, 1540:** Hernando de Soto leaves Cofitachequi. He kidnaps the Lady of Cofitachequi, considered the villages' chieftainess, and takes her with him.

**May 14, 1607:** Jamestown, Va., the first per-

manent English colony in North America, is founded in the heart of the Powhatan chiefdom. The colonists were decimated by sickness and starvation and must depend on the Indians for survival.

**May 15, 1812:** Twelve Indian nations hold grand council with Tecumseh at Mississinewa village at the junction of the Wabash and Mississinewa rivers near present-day Peru, Ind.

The Wyandots, Miami, Potawatomes, Delaware and Kickapoos urge Tecumseh to restrain his young warriors lest all tribes suffer at the hands of the whites. Tecumseh denies that his followers are a threat to the whites and rebukes the chiefs for selling their people out at the Treaty of Fort Wayne.

**May 16, 1760:** Creek warrior Chief Hobbythacco (Handsome Fellow) has often supported the English, but at the outbreak

of the Cherokee war, he decides to support the Cherokees. He leads an attack on a group of English traders in Georgia. Thirteen of the traders are killed. Creek Chief "The Mortar" also participates in the fighting.

**May 17, 1629:** Sagamore Indians, including Passaconaway, sell a piece of land in what becomes Middlesex County, Mass.

*Ellis is an author and historian working on a book about American Indians. Learn more about American Indian history at facebook.com/snippetsintime.*



## Senior Moments

with Emma Edwards

## A raisin a day for exhaustion

"Be careful about reading health books. Some fine day you'll die of a misprint."

That line is a quotation left for our perusing by a well-known German Jewish physician and lecturer on philosophy in the late 1800s.

Seniors seem more serious than ever about what causes what. Seems we want a name and explanation for everything.

A few weeks ago, I spoke about being tired. An in-depth study I looked at described different kinds of exhaustion.

The three that stand out for me, which deserve headings of their own: No. 1, exhaustion usually associated with an illness, anxiety or depression; No. 2, fatigue usually resulting from a neurological episode, some medications or a family crisis; No. 3, tiredness from too much fun or too much work.

Exhaustion in seniors also can be caused by anemia, an iron deficiency. No one likes to take those nasty green iron pills.

However, the more I read, the more I find that eating raisins can produce a good effect for those with certain kinds of anemia.

Medical doctors tell us to exercise or take a walk, but I

wonder if they know how irritating exhaustion is to deal with, especially for younger seniors.

I think that exercising gives us a better night's sleep. And yes, it can make us tired, but eventually we feel much better.

It's been proven that if you can walk outside, you'll be more likely to have a gentle rejuvenation of your body and mind.

We need consistency in taking walks (and/or any kind of exercise) every day, but don't get locked into a time schedule that stops you from having other quality experiences.

We just need to accomplish it in our waking hours, preferably in the daylight.

Ralph Waldo Emerson is famous for saying "A foolish consistency is the hobgoblin of little minds."

Yes, it's good to color outside the lines now and then. It's fun to be a senior.

Betty Kelly, one of our local seniors, is past her mid-80s in years and was raised as the oldest of 10 children. Betty mentioned that she thinks of her mother every day and still misses her.

Not all women have birthed or adopted a child but still have mothered many!

With that thought, do have a meaningful and blessed celebration of motherhood on this special day that we celebrate mothers.

And, if you don't know what to get your mother for Mother's Day, consider a box of raisins.

## Senior lunch menu

**Monday, May 14:** Pork stew, roasted potatoes, red cabbage, mixed greens, apple pie.

**Thursday, May 17:** Chicken and mushroom paprika, egg noodles, green beans, romaine salad, carrot cake.

*The Warrenton senior lunch program is at noon (doors open at 10:30 a.m.) Mondays and Thursdays at Warrenton Community Center, 170 SW Third St. Suggested donation is \$5 for ages 55 and older; \$7 for those younger. For more information, call 503-861-3502.*

